



Tips for Grandparents *who are* Raising Grandchildren in Illinois

These simple suggestions have been developed by the Task Force on Grandparents Raising Grandchildren in Illinois to assist older adult caregivers in their efforts to provide quality care for their family's children. The Task Force can be reached through the Illinois Department on Aging's toll-free Senior HelpLine, **1-800-252-8966** (Voice and TTY).

What is NAMI? (National Alliance for the Mentally Ill)

NAMI is a national network of families working to improve the lives of children and adolescents affected by neurobiological brain disorders such as attention deficit/hyperactivity disorder (ADHD), Tourette's syndrome, Asperger's syndrome, depression, anxiety disorder, panic disorder, bipolar disorder, schizophrenia and obsessive compulsive disorder.

Their goal is to give caregivers the support they need to secure an array of services best suited for their child's or adolescent's needs.

If your child or other young family member has symptoms of depression, mood swings, self-injury, hyperactivity, hallucinations, delusions or other thought disorders, NAMI can help.

NAMI ILLINOIS SUPPORTS

- Focuses on family-to-family support and interaction through support group meetings

NAMI ILLINOIS EDUCATES

- Provides training and educational materials for families and professionals
- Holds annual regional seminars and workshops.

Remember...
You Are Not Alone!

Toll-free telephone numbers available to access information:

NAMI Illinois:217/522-1403
NAMI Helpline:800/346-4572
NAMI National:800/950-6264

For more information, please call:

The Illinois Department on Aging's Senior HelpLine at:

1-800-252-8966
(Voice and TTY)